

Liquid Calories

Beverages can be major sources of Calories from sugars, fats, and alcohol. It is better to eat Calories rather than to drink them. **Water is the best beverage choice!**

Limit Sugary Drinks:

Instead of...

Regular soda
Sweet tea

Coffee with sugar

Fruit drink, cocktail or punch
Lemonade

Choose...

Diet soda
Tea, unsweetened or with artificial sweetener
Coffee, unsweetened or with artificial sweetener
100% fruit juice with no added sugar
Diet lemonade



Limit High Fat Drinks:

Instead of...

Milkshakes
Whole milk, 2% milk
Half-and-half, creamer

Choose...

Low fat yogurt/fruit smoothies
1% milk, skim milk
Fat-free half-and-half, 1% milk, skim milk



Limit or Avoid Alcohol:

Instead of...

Regular beer
Wine
Mixers

Choose...

Lite beer
Wine spritzer
Sugar-free mixers or seltzers

